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Clamping down on secular voices

Prominent activists from Egypt's 2011 revolution slapped with prison terms for holding rally without authorization, attacking cops **PAGE 14**

HOLIDAY PLANS GET KNOCKED OUT COLD

SOME RESIDENTS IN EASTERN CANADA MAY FACE A DARK CHRISTMAS AS AN ICE STORM WREAKS HAVOC ON THE POWER GRID **PAGES 4 & 10**



Travis Bertrand died after the truck he was riding in with his mom and older brother went over a median on Glenmore Trail and into oncoming traffic, where it was hit by a truck. His father says the city needs to do a better job removing snow from Calgary streets. COURTESY CHRIS BERTRAND

Victim's father calls for better snow clearing

Glenmore crash.
Toddler was 'too perfect for this world'



JEREMY NOLAÏS
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A grieving Calgary father says better snow-removal efforts may have spared the life of his "incredible" son, who died in a crash on Glenmore Trail last week.

Chris Bertrand said he's personally travelled to the site where his wife's Dodge Ram truck went off the road, over a centre median and into the path of an oncoming transport truck Wednesday afternoon.

His youngest son,

18-month-old Travis Bertrand, was rushed to hospital but later pronounced dead.

His older boy Zack's pelvis was broken in two spots and the three-year-old suffered bruising on his face but is expected to make a full recovery. Wife Francina, who Chris says has said she was driving under the speed limit at the time, suffered bruising in numerous areas, but he says her emotional strain may be far more severe.

"It's like a little piece of her died that day with Travis," Chris told Metro Sunday.

Chris said his theory is that snow packed against the median on eastbound Glenmore acted as a "launch pad" when the truck hit it. He said his wife was trying

to make a simple lane change to avoid the off-ramp to Deerfoot Trail when she hit a slippery patch on the road.

"She couldn't over-correct fast enough — it was just too quick," he said.

Chris said he's lived in Calgary his entire life and believes snow-removal practices have slacked off in recent years.

"Unfortunately, the city just can't respond accurately and fast enough — those roads were horrible for 10 to 12 days," he said. "I don't know if the budget's too small or the manpower's not there or if it's lacking, equipment-wise."

Follow Jeremy Nolaïs on
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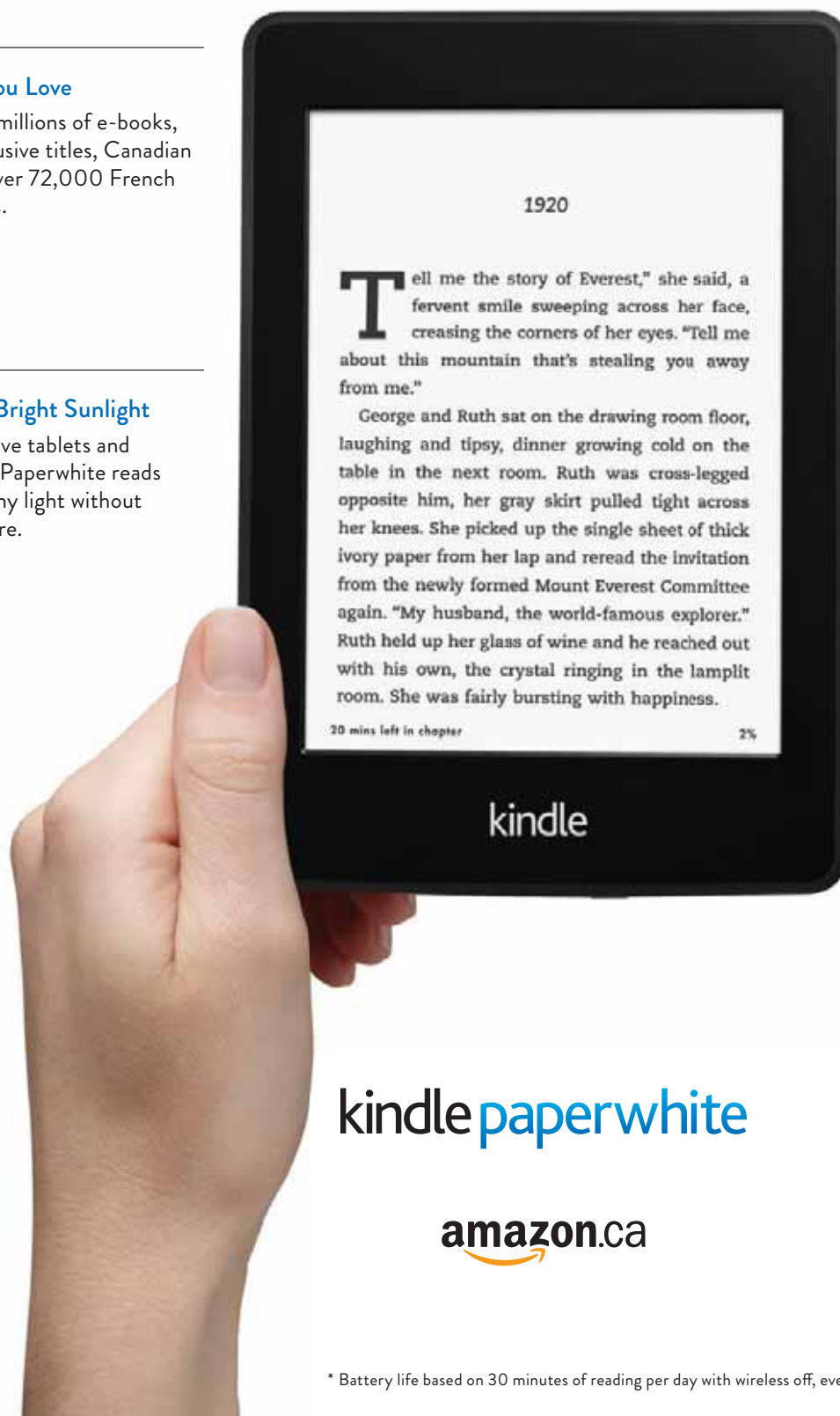
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Hard hit. City clearing residential areas

With only a light dusting of snow over the weekend, city road crews believe they've turned a corner in a push to clear the white stuff from residential streets.

As of midday Sunday, plows had run through or were planning to hit Marlborough, Monterey Park, North Haven, Whitehorn, Temple, Rundle, Saddleridge, Taradale, Coral Springs, Tuscany, Castleridge and Falcnridge, according to spokeswoman Julie Yepishina-Geller. Elsewhere in Calgary's south, crews were using flat-blades to remove outstanding ruts, she added.

Residents had lodged a flurry of complaints in recent weeks as many claimed to be unable to leave their communities — or even homes — after blankets of snow and strong winds blew in.

"The problem was that we had so much snow and then a chinook where a bunch of it melted and then it refroze and then more snow fell," Yepishina-Geller said. "They have been able to make a lot of headway in those areas."

The city even launched a "war room" to prioritize clearing hard-hit northeast areas. Sunday marked Day 4 in a week-long goal to clear residential streets, but Yepishina-Geller said major snowfall would force a reset of the plan.

Coun. Jim Stevenson, who raised questions about plowing efforts after falling and breaking his leg and then watching as his ambulance got stuck in a snowdrift, said his office received compliments Friday about progress being made to clear the roads.

JEREMY NOLAIS/METRO
WITH FILES FROM DARREN KRAUSE



Calgary Police Chief Rick Hanson says federal reforms on who and where people can grow marijuana haven't be fully thought through. METRO FILE

Pot reforms 'total and complete mess'

Light it up? Survey shows rising support for recreational use of drug

Calgary's police chief is fired up over incoming medicinal-marijuana reforms and says the federal government appears to be rushing "head-on" to fully legalize the drug with no rational reason for doing so.

Starting in April, Health Canada will mandate that marijuana no longer be grown in homes and instead transferred over to commercial operations. But city drug-unit cops say while they support the safety

benefits of mould-free residences and fewer targets for home invaders, they see numerous other issues sprouting up as a result.

There are fears illegal dealers will undercut commercial offerings and that without a Health Canada disclosure of current legal grow-ops in Calgary there will be no way to track whether users have actually followed through and tossed their plants.

City Police Chief Rick Hanson said the reforms are "a total and complete mess."

"This whole issue — it has to be rationalized," he added. "There has to be some thought and structure put around this

so that, heaven forbid, we actually make some good decisions as we go."

Hanson extended his concerns to include the general acceptance of marijuana use in everyday life.

But a new study from the University of Lethbridge's Citizen Society Research Lab indicates billowing support for recreational use. For the first time, a marginal majority of Albertans — 50.1 per cent of respondents — supported non-prescription use of the drug, up from 44.9 per cent last year and 36.5 per cent five years ago. In Calgary, support for recreational use was even stronger, at 52.3 per cent, and nearly four-


fifths of city residents surveyed approved of medicinal use.

Political scientist Faron Ellis, who heads up the annual "Traditional or Progressive" study, said there's potential for a swing in recreational marijuana support like that seen with same-sex marriage — his team watched support for gays to wed shift from two-thirds against to two-thirds in favour in just a decade's time.

Regarding Hanson's comments, Ellis said the chief "is certainly swimming upstream against the current tide of public opinion, but he's swimming upstream against a lot of the political tide as well."

JEREMY NOLAIS/METRO

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Kevin and Brenda O'Connor searched for flights home to Montreal on Sunday with their kids Meghan, Andrew and Patrick. RILEY HILL/FOR METRO

Major storm grounds flights to Eastern Canada

Getting home. Weather conditions stall holiday flights out of Calgary

Airlines grounded flights due east on Sunday following a violent ice storm that froze Toronto and much of Eastern Canada. With over 300,000 people still not able to power their homes, air traffic to Eastern Canada's largest cities slowed to a trickle, leaving some travellers to wonder whether they will reach their families for Christmas.

Kevin and Brenda O'Connor are two Montreal natives who live in Calgary with their three young kids. They got a rude awakening Sunday morning when they found out their

flight to Montreal was cancelled due to the poor conditions still plaguing airport runways.

"We had a 6 a.m. departure to Montreal that was cancelled," Brenda O'Connor said. "We were up early to find a solution."

Determined to reach their family for the holidays, the O'Connors searched for other options, including flights to Montreal through Texas. They eventually found a late night flight to connect them with their family.

Others had no such luck.

By Sunday afternoon, Air Canada CEO Klaus Goersch warned that weather conditions were still affecting the airline's ability "to keep its schedule."

Other airlines also adjusted flight plans sporadically, leav-

Ice storm impact

49,000 Quebec residents were temporarily without power while some Toronto residents expect power outages to last 72 hours.

- For more on the storm, flip to page 10.

ing travellers like David Summers confused as to when they'd finally make it home.

"I was supposed to be in Toronto Monday morning. My parents were going to pick me up at the airport," said Summers, a University of Calgary student who just spent his first semester away from his family in Toronto. "It's all up in the air now I guess." RILEY HILL/FOR METRO

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(Jeanne, homeless for 3 years)



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December twenty-what? Last-minute shopping tips from veteran laggards

It happens to the best of us.

You plan ahead and swear this year will be different. Then, out of nowhere, the last weekend before Christmas is here and it dawns on you that none of your holiday shopping is done.

Last-minute shoppers at Chinook Mall know the routine all too well, and they had plenty of advice for those yet to brave the malls.

Calgary father of four Thomas Cowan claims he's an expert on the holiday rush. He said it's best to shop alone and with a plan.

"Skip bringing your family out with you. They will only slow you down," Cowan said. "And make a list before you go out. This isn't the time for window shopping."

He stressed that you'll encounter plenty of lineups, so patience is key.

But what should you do if you don't have ideas for



Rebecca Tucker and Tim Ayotte recommend gift cards as a simple last-minute fix. RILEY HILL/FOR METRO

presents?

Tim Ayotte and Rebecca Tucker said that this late in the game, a gift card is a safe choice for most members of the family.

"Of course it depends on the family member, but last minute, they usually work," Tucker said. RILEY HILL/FOR METRO

Avalanche. Snowboarder killed after going out of bounds near ski resort

An Edmonton man who died in an avalanche in eastern B.C. on Friday was remembered as the kind of person who could make people smile and forget their problems.

A friend and posts on a Facebook memorial page identified the man who died just outside of the community of Golden as Shane Schroeder. Police did not immediately confirm the victim's identity.

Police and search-and-rescue teams responded to a call from a rider who was with

Schroeder at the time of the avalanche, which happened in an out-of-bounds area near the Kicking Horse Mountain Resort, police said.

"No matter what, even if you were down or having a bad day, Shane could just make you smile, laugh and make you forget about any problems," said friend Scott Dougherty.

"To explain him would take too many words — he was that incredible."

THE CANADIAN PRESS



Evan Palmer with Deco Windshield Repair works on a rock chip at Calgary's Centennial Parkade. The Calgary Parking Authority wants to add more services to downtown parkades in 2014. ROBSON FLETCHER/METRO

Drop off your car and recycling?

Parkade services. CPA considering all kinds of proposals until January



ROBSON FLETCHER
robson.fletcher@metronews.ca

The Calgary Parking Authority is resolving to add new services to its downtown parkades in the new year, which could include anything from dry cleaning to auto detailing to recycling collection.

"There's a bunch of convenience things that we're

considering," said CPA general manager Troy McLeod. "We're definitely not saying we're going to do them all but we're strongly looking at dry cleaning and car washing."

Until early January, the CPA will be accepting proposals from companies interested in providing services within parkades. McLeod said all ideas will be considered.

He even floated the prospect of a concierge-style recycling service that could see money returned to customers automatically.

"When you have to take your bottles back, you typ-

In with the new

CPA general manager Troy McLeod said the rock-chip service will continue until March 31, and some of the new services could be rolled out on a trial basis by mid-2014.

within the existing ParkPlus system, he added.

Last month, the CPA introduced a pilot project offering windshield rock-chip repair within Centennial Parkade.

Evan Palmer with Deco Windshield Repair said he's been doing about three to five repairs a day at that location.

"You can drive right in, near the exit, and leave your car here," he said. "Or, if you've already found your spot upstairs, you can just let me know where you are and I'll head up there, assess the damage and repair it."

ically have to stand in line," he said. "We could process that another way and just add the funds to your ParkPlus account."

The goal is to integrate all the financial transactions

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Karen Charlton's boys Kevin, left, and Andy are enrolled in the Chinese Mandarin bilingual program at Highwood School. JEREMY NOLAIS/METRO

CBE alternative school programs prove popular

Education. Bilingual curriculum, other offerings could improve kids' future prospects

Karen Charlton says having her boys learn Mandarin allows them to connect with their family heritage and open doors to future career aspirations.

Andy, 10, and Kevin, 7, are among 383 kids currently enrolled in the largest of three Calgary Board of Education Chinese bilingual programs at Highwood School. The plan is to add a fourth at Marion Carson in 2014 as demand continues to grow.

In 2008-09, the first year the CBE began specifying student counts for alternative programs like Mandarin in its annual enrolment report, just 150 kids were learning like

More online

For a breakdown of enrolment in CBE alternative programs, go to metronews.ca.

Andy and Kevin. This year, there are 633.

"It's important to give parents a choice," Charlton said. "This is a multicultural country, a multicultural city and the choices provide more opportunities for kids."

Mandarin also appears to be far from alone in its popularity. Other language offerings, like Spanish and French immersion, also continue to see steady upswings in student numbers. Elsewhere, traditional learning centres, arts-centred learning models, and the special-focused science-school programs at Langevin and Louis Riel are also growing.

This year, 21,285 students

are learning in what are considered alternative programs, which represents nearly one-fifth of the CBE's entire student population and is up steadily from 2008-09, when just 14 per cent of learners fell into the alternative category.

Sheila McLeod, the board's director of global learning services, said the Alberta curriculum is still followed in alternative programs, but the model allows instructors to go more in-depth on specific topics. The Juno Beach Academy, as an example, spends more time on Canadian history.

McLeod said she expects parents will continue to choose bilingual programs for reasons similar to those expressed by Charlton.

"We know that in order to be competitive in today and tomorrow's world, they (students) are going to need to have more than one language," she said. JEREMY NOLAIS/METRO

Don't be so quick to dismiss community schools: Ex-principal

Parents shouldn't rule out having their kids attend classes in their own community even with the rising popularity of alternative programs in Calgary, cautions the first principal of the city's all-boys school.

Garry Jones retired from his post in April but not before helping the gender-specific program at Sir James Loughheed boost its appeal. Now, he's in the initial stages of researching the rise in popularity of

such offerings, dubbing it an "international phenomenon."

Even still, Jones said every student's learning needs are different and some may benefit far more from the standard kindergarten-to-Grade 6 facility across the street from their home.

"I fear one of the downsides of this, in the minds of many people, is that the normal community school is no longer good enough and I think

that's a real problem," Jones said. "I say go check out your local school first. It's probably just fine for your child.... If not, then look somewhere else."

The Calgary Board of Education is hosting numerous open houses in January to introduce prospective families to its alternative programs.

For more information, head to cbe.ab.ca/new/events.asp.

JEREMY NOLAIS/METRO

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Iceland. Highway project halted by elf advocates

In Iceland, where the fog-shrouded lava fields offer a spooky landscape in which anything might lurk, stories abound of the “hidden folk” — thousands of elves, making their homes in Iceland’s wilderness.

So perhaps it was only a matter of time before 21st-century elves got political representation.

Elf advocates have joined forces with environmentalists to urge the Icelandic Road and Coastal Commission and local authorities to abandon a highway project building a direct route from the Alftanes peninsula to the Reykjavik suburb of Gardabaer. They fear disturbing elf habitat and claim the area is particularly important because it contains an elf church.

The project has been halted until the Supreme Court of Iceland rules on a case brought by a group known as Friends of Lava, who cite both the environmental and the cultural impact — including the impact on elves — of the road project. The group has regularly brought hundreds of people

Save the elves

Planning decisions are affected so often by elf issues that the road and coastal administration has a stock media response for elf inquiries:

- “Issues have been settled by delaying the construction project at a certain point while the elves living there have supposedly moved on.”

out to block the bulldozers.

Scandinavian folklore is full of elves, trolls and other mythological characters. Most people in Norway, Denmark and Sweden haven’t taken them seriously since the 19th century, but elves are no joke to many in Iceland, population 320,000.

A survey conducted by the University of Iceland in 2007 found that 62 per cent of the 1,000 respondents thought it was at least possible that elves exist. **THE ASSOCIATED PRESS**



Braving the cold to raise money for Syrians

Mourad Taha, Anas Marwah, Osama Rachid and Yaman Marwah of the Syrian Association of Ottawa huddle together in front of Parliament Hill on Sunday, as they live stream their Keep Us Warm campaign on YouTube. Yaman Marwah, SAO president and chairman, said the donations they receive from the campaign will go to Syrians who are living in refugee camps as a result of the ongoing civil war. Last year, the SAO raised more than \$12,000 and in the past it has hand-delivered humanitarian aid to displaced Syrian citizens. **JOE LOFARO/METRO IN OTTAWA**

Same-sex marriage

Ceremony on U.S. army base a first

North Carolina’s Fort Bragg is opening the base chapel to same-sex ceremonies.

The U.S. army base saw Maj. Daniel Toven and Johnathan Taylor exchange vows on Saturday.

The pair married in Washington, D.C., in August. The Fort Bragg ceremony wasn’t a wedding, which is barred by state law. But the event to bless the pair’s marriage is believed to be the first for a same-sex couple at Fort Bragg.

THE ASSOCIATED PRESS

New Hampshire

Hikers rescued

Two Canadian hikers are safe after getting lost on New Hampshire’s Mount Adams.

New Hampshire Fish and Game says the pair had hiked to the summit on Saturday and were heading to a shelter when they took the wrong trail and got lost.

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Ice storm lashes Eastern Canada

A dark Christmas.

Hundreds of thousands could be left without power for days

A steady dose of freezing rain across parts of Eastern Canada turned roads and sidewalks into skating rinks Sunday, cut power to hundreds of thousands of people and played havoc with holiday plans at one of the busiest travel times of the year.

Anxious passengers found themselves stranded in airports from Toronto to St. John's, N.L., days before Christmas.

The situation drew comparisons to the deadly ice storm that encased Quebec in 1998, as hydro crews across the region struggled to restore service.

"Some of the crews I've spoken to said this is as bad," said Blair Peberdy, vice-president of Toronto Hydro, which had 250,000 customers without power.

"These storms tend to wreak havoc and we have to go street by street with chainsaws."

Wreaking havoc

- Overall, power outages affected about 400,000 customers in Ontario.
- By late Sunday, the storm had mostly moved out of Ontario and was hitting the Atlantic provinces, with freezing rain reported in Fredericton and snow in Charlottetown.
- Rob Kuhn, a forecaster with Environment Canada, said many Maritimers would see a replay of what hit parts of Ontario and Quebec.

Ontario's premier said Sunday that she had talked to many mayors of communities affected by the storm to offer provincial support. She said the province was going to provide tree harvesters to some communities to help crews clear away downed trees.

"We're going to bring in the resources that are needed to deal with the situation," said



Pedestrians clear the sidewalks on a closed-off Soudan Avenue in Toronto after an ice storm caused havoc, knocking down trees and power lines in much of the city on Sunday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Premier Kathleen Wynne.

At least one municipality, the township of Woolwich near Waterloo, Ont., declared a state of emergency.

VIA Rail warned commuters to expect delays on its routes between Toronto and Montreal or Ottawa and police warned people to stay off the roads. One

of its trains got stuck in Oshawa due to downed power lines.

The weather conditions, which saw people skating down streets in Kingston, Ont.,

were suspected to have played a role in four fatal highway crashes in Quebec and another in Ontario on the weekend.

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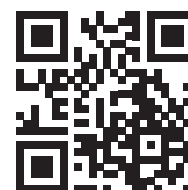
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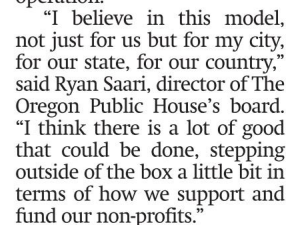
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Three activists jailed in Egypt for holding rally

No rally permit. Three founders of the youth movement that helped topple Hosni Mubarak jailed for three years

Three of the most prominent secular activists involved in Egypt's 2011 revolution were convicted Sunday of holding a rally without authorization and attacking police officers, receiving three-year prison terms and hefty fines in the first use of a controversial new law.

Judge Amir Assem found Ahmed Maher, Ahmed Douma and Mohammed Adel, founders of the April 6 youth movement, guilty of violating



Ahmed Douma at a 2011 rally in Cairo. SARAH CARR/THE ASSOCIATED PRESS

the law passed last month. Each of them also faces fines of \$7,250.

April 6 helped organize the demonstrations that toppled longtime authoritarian leader Hosni Mubarak in

2011 and, like many other liberal activists, supported this year's campaign for elected Islamist President Mohammed Morsi to leave office.

Since Morsi was toppled by the military on July 3 after millions-strong demonstrations, however, the movement claims there has been a return of police brutality and the curtailment of free expression.

Defence lawyer Alaa Abdel-Tawab said he will appeal the court decision, describing it as "exceptionally harsh" for a misdemeanour court. "This is a court verdict with a political flavour," he said, adding that the first use of the law came less than a month after it was passed.

THE ASSOCIATED PRESS



Freight train derails in a Nairobi slum

Kenyans gather around a freight train lying on its side after it derailed in Nairobi, Kenya, Sunday. Several people were injured after the train crashed into homes in the sprawling Nairobi slum of Kibera, one of the largest slum areas in all Africa. The train derailed while passing through Kibera on Sunday morning.

KHALIL SENOSI/THE ASSOCIATED PRESS

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Monday, December 23, 2013

NEWS

15

Former nurse pleads guilty to aiding in mom's suicide



Shirley Vann, her daughter Linda Jean McNall, and their dogs. The two drove from Arizona to Alberta to carry out a suicide pact. HANDOUT/THE CANADIAN PRESS

Fateful road trip. Once a real estate agent Shirley Vann had been battling colon cancer; she and her daughter had a suicide pact

David Schwartz doesn't know if he can forgive his sister for helping their 79-year-old mother commit suicide.

But if there's anyone who should share the blame, he says, it's the American health system.

"The U.S. health-care sys-

'They owed about \$50,000'

"I knew they were having problems.... I didn't know that they were going to take these drastic actions." David Schwartz, brother of the accused, Linda Jean McNall.

tem failed," Schwartz, a retired member of the U.S. air force, said. "My mom's dead and my sister's in jail."

Last week, a courtroom west of Edmonton heard how Linda Jean McNall, 53, made a suicide pact with her mother, Shirley Vann, as the older woman's health worsened. The pair had lived together and cared for each other for decades. In April, the women sold everything they owned, abandoned their apartment in Sierra Vista, Ariz., and headed north to Canada's Rocky Mountains.

Nearly a month later, they pitched a tent at Rock Lake near Hinton, about 350 km west of Edmonton. They injected themselves and their two pet dogs with insulin, swallowed some sleeping pills and opened a propane tank. Vann and the animals died but McNall survived. She pleaded guilty to aiding a suicide and is to be sentenced on Jan. 7. **THE CANADIAN PRESS**

Ukraine. Heat turned up on government's plan to choose ties with Russia

About 100,000 people rallied in Ukraine's capital Sunday to demand the ouster of the president and his Cabinet as mass anti-government protests entered their second month.

The rallies were sparked by President Viktor Yanukovich's decision last month to choose ties with Russia over integration with the 28-nation European Union. That deeply angered many Ukrainians, who favour the democratic structures of the

Russia pledges \$15B

Yanukovich's pro-Russia stance was strengthened this week by a default bail-out package from Russia.

West over Russia. After a violent police crackdown on a peaceful rally, the demonstrators turned against Yanukovich himself and have transformed Kyiv into a protest camp. **THE ASSOCIATED PRESS**



Pro-European activists in Kyiv on Sunday. SERGEI GRITS/THE ASSOCIATED PRESS

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BUSINESS

metronews.ca
 Monday, December 23, 2013

Toronto Mayor Rob Ford named Canada's Newsmaker of the Year

Snagged 63% of vote.
 Naughty won out over nice in annual poll as crack-smoking mayor beat out some other notable Canadians

Few could have predicted that Canada's moment in the global spotlight this year would be courtesy of a crack-smoking, "drunken-stupor" mayor who uses graphic sexual language on live television.

Rob Ford was a one-man news cycle, as he met each wave of allegations of bad behaviour with wild counter-allegations, mixed with a few gaffes and a sprinkling of apologies.

It is for these reasons and more that editors and news directors across the country selected Ford as Canada's Newsmaker of the Year.

The headline-grabbing, sound bite-generating Toronto mayor received 63 per cent of the votes in the annual survey of the country's newsrooms by

The Canadian Press.

Some of those who voted said they wanted to pick Chris Hadfield, who received 16 per cent of the votes thanks to his inspirational time as commander of the International Space Station. But most felt there was no choice but Ford.

"We loved that Alice Munro won the Nobel Prize. We were amazed when Christy Clark won the B.C. election. Theresa Spence definitely made waves as did Nigel Wright in the PMO," said Adrienne Tanner, the deputy editor of the Vancouver Sun.

"But really no one tops Rob Ford's antics of the past year, which went from outrageous to ludicrous to pitiful. He's the hands-down winner for bad newsmaker of the year. No one else comes close."

Gravely serious allegations lie at the heart of what sparked myriad Ford controversies, but at each turn his bombastic, confrontational, unfiltered nature fanned the flames and ensured the near-constant stream of shocking news.

THE CANADIAN PRESS



Toronto Mayor Rob Ford holds up a bobble-head doll in his likeness while signing hundreds of them for charity at city hall in Toronto on Nov. 12. FRANK GUNN/THE CANADIAN PRESS

Past newsmakers

A look back at Canada's Newsmakers of the Year, as determined in the annual poll of newsrooms by The Canadian Press:

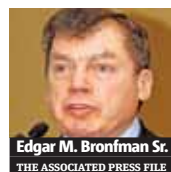
- 2012. Luka Magnotta, alleged killer
- 2011. Jack Layton, politician
- 2010. Russell Williams, sex killer
- 2009. Stephen Harper, politician
- 2008. Stephen Harper, politician
- 2007. The Mounties
- 2006. The Canadian Soldier
- 2005. John Gomery, Quebec judge

Edgar M. Bronfman Sr. Canadian-born billionaire dies at 84

Edgar M. Bronfman Sr., the Canadian-born billionaire and long-time president of the World Jewish Congress, which lobbied the Soviets to allow Jews to emigrate and helped spearhead the search for hidden Nazi loot, died Saturday. He was 84.

Bronfman died at his New York home surrounded by family, according to the family charity he led, The Samuel Bronfman Foundation.

Bronfman was born in Montreal on June 20, 1929, and made his fortune with his family's Seagram's liquor empire. He



Edgar M. Bronfman Sr.
 THE ASSOCIATED PRESS FILE

joined the family business in 1957 and took over as chairman and CEO in 1971, continuing

the work of his father, Samuel. Under Bronfman's leadership, Seagram expanded its offerings and was eventually acquired by French media and telecom group Vivendi Universal in 2000. THE ASSOCIATED PRESS

Will some users of medical marijuana be priced out?

Access program.

Worries new federal rules will leave some high and dry

Mark Gobuty isn't raising cattle or cultivating corn on his farm north of Toronto — he's growing medical marijuana.

His company, The Peace Naturals Project, is one of the first to be approved by Health Canada to commercially produce and distribute dried cannabis ahead of changes next spring to Ottawa's marijuana medical access program.

Starting April 1, the program that began in 2001 will no longer require medicinal marijuana users to buy their medication through Ottawa's one approved supplier, grow their own plants, or designate someone to be their personal grower. Instead, users will be restricted to buying their cannabis from a list of approved suppliers.



Mark Gobuty, founder and CEO of The Peace Naturals Project, stands in one of the cannabis-growing greenhouses in Clearview, Ont. FRANK GUNN/THE CANADIAN PRESS FILE

Gobuty, Peace Naturals' chief executive and co-founder, says his company is focused on providing a quality product, but he also understands the compassionate side of drug dispensing.

"We certainly have vision. We want to help people," said Gobuty during an interview at

his secluded and highly secured farm in Clearview Township.

"It's really (about) the purpose and intent of the medicine we can provide. If we can do one thing, we want to provide people with peace."

But that peace will come at a price. And some prescribed users, such as Marcel Gignac,

Quoted

"My options are: I can sit back and suffer and die, or grow it illegally or go to jail."

Marcel Gignac, a 51-year-old from Amherst, N.S., who smokes 30 grams a day to treat an aggressive form of multiple sclerosis.

from Amherst, N.S., are worried that privatizing the medical cannabis industry will come at too high a cost.

Gignac's supplier is a designated grower, but his wife, who also uses the herb to ease the pain from arthritis, knee and hip replacements, grows her own plants. He estimates she pays about five cents per gram for her medication.

He said he and other members from the volunteer-run Medicinal Cannabis Patients' Alliance of Canada, some of whom are unable to work due to their conditions, will not be able to afford market prices.

THE CANADIAN PRESS

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LET'S DO WHAT EDMONTON DOES

Calgary has a lot to learn from Edmonton regarding winter.

When winter arrives in earnest, Calgary's collective imagination turns to roads and snowplows, and freezes there until the next chinook thaw.

The snowy season's fine so long as we're not inconvenienced. But when winter gets in the way — with, say, the once-in-a-lifetime snow dump of this month — we struggle to accept the weather, and frantically assign blame.

We blame the city, for not clearing snow fast enough, or blame other motorists for driving terribly (unlike our masterful and disciplined selves!).

It's easy to forget that traversing across a city at speed, cocooned in warmth, is a relatively new phenomenon — and a pretty miraculous one, all things considered. So what can we learn from Edmonton, a city colder and wintrier than ours?

While Calgary tries its hardest to plow winter away, Edmon-



URBAN COMPASS

Jeremy Klaszus

calgary@metronews.ca

ton is intentionally letting it in.

In 2012, Edmonton's city council approved a winter city strategy developed by Edmontonians. It's not just about snowplows or winter tires, the two items that seem to dominate Calgary conversations on urban life in winter.

Instead, the Edmonton strategy aims to make it easier and more enjoyable for people to be outside: "Snow is not our enemy.... Viewing the season as a time to shut things down and stay inside squanders huge potential."

The strategy envisions Edmonton as a "world-renowned northern city." It incorporates ideas from northern cities such as Copenhagen, Denmark, but is also distinctly Edmontonian, taking local geography and culture into account.

It challenges myths about winter: we must hide from the elements; outdoor facilities have to close for the season; recess at schools should be indoors; commute only by car until the snow is gone.

"Making the most of the winter season requires thinking

differently," states the strategy.

What does it suggest instead?

Public places designed to take advantage of the sun and block the wind. Improved winter commuting options for pedestrians, cyclists and transit users. Warming huts in the river valley. A year-round patio culture. A thriving winter festival scene.

By intentionally working with the climate instead of treating it as a negative force, Edmonton is seeking to unlock an "untapped resource."

It will take a culture shift, but the city has already started down the path.

This is bold, creative thinking. Calgary's winter discourse — in a nutshell, "get this inconvenient white stuff off the road" — is embarrassingly poor in comparison. Edmonton has its own struggles with snow removal, but the city has purposefully gone beyond that single aspect of winter life.

Perhaps Calgary should develop a winter city strategy of our own. Much of what Edmonton is considering would be easier to implement here, thanks to chinooks.

Our northern neighbour has the right idea. If you can't beat winter, join it.

ZOOM

Take a closer look at the sun



COURTESY NASA GODDARD SPACE FLIGHT CENTER

Parts not visible to the naked eye are captured by NASA

This still image was taken from a new NASA movie of the sun from NASA's Solar Dynamics Observatory, or SDO, showing the range of wavelengths — invisible to the naked eye — that the telescope can view.

SDO converts the wavelengths into an image humans can see, and the light is transformed into a rainbow of colours. **METRO**

What's happening

Wavelengths convey information about components of the sun. From left to right (measured in angstroms):

- **1,700.** Surface of the sun, as well as a layer of the sun's atmosphere called the chromosphere, which lies just above the photosphere and is where the temperature begins rising.
- **1,600.** Mixture between the upper photosphere and what's called the transition region, an area between

the chromosphere and the uppermost layer of the sun's atmosphere (the corona).

- **335.** Active region of the corona. The dark areas (coronal holes) are places where very little radiation is emitted, yet are the main source of solar wind particles.
- **304.** This light is emitted from the chromosphere and transition region.
- **211.** This wavelength shows hotter, magnetically active

regions in the sun's corona.

- **193.** A slightly hotter region of the corona, and also the much hotter material of a solar flare.
- **171.** This wavelength shows the corona when it's quiet. It also shows giant magnetic arcs called coronal loops.
- **131.** The hottest material in a flare.
- **94.** The regions of the corona during a solar flare.

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

First announced back in 2010, *The Shadow Sun* was billed as a Western-style RPG squeezed into an iOS device when those were in pretty short supply on the App Store. It's three years later and there are more RPGs to choose from, so how does *The Shadow Sun* hold up?



CONTRIBUTED

The answer is: "Quite well, thank you very much." Things start off as you've come to expect by now — you get a few character customization options, establish some baseline stats (strength, endurance, etc.) and then you're dumped into the world. Tasked with protecting a rather pompous diplomat visiting a neighbouring city enduring an awful plague, things quickly become ... complicated ... and the game opens up.

The story so far — I've put about four hours of playtime into the game — is rich and the lore is accessible at any time in your menu, and it gets expanded upon as you work your way through the main story. Of course, this being an RPG, there's a myriad of side quests to take on that will richly reward you with loot and weapons, boosting the custom features of your character. There are several locations and cities to explore while you're at it, but no persistent world between them as with an

Elder Scrolls game. Instead, you'll be quickly travelling, which I find preferable for mobile gaming, to be honest.

Combat is where things get a little tricky, mostly due to the limitations of playing on an iPhone. The floating thumbstick used to control your character can be as unco-operative as the rest of them, but it's never been fatal. Either way, the real treat of *The Shadow Sun* is the immersion of the world and you'll find yourself rewarded if you take your time to explore and read up on the kingdom's history.

The Shadow Sun is certainly ambitious, and sometimes the performance doesn't quite reach what the developers had in mind. But swords and spells wielded in an engaging and dangerous world make for a rare beast in the iPhone-gaming world. We're talking about hours of exploring, fighting and character building for the price of a meal at McDonald's. (iOS/\$7.99)

Twitter



@metropicks asked: The majority of Canadians polled last week said they weren't finished Christmas shopping. What's your strategy?

@tallertrees: Strategy? More like

frantic Christmas eve running around.

@alxrocks: - look at a calendar, plan ahead, and shop in September...

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Julie Delpy and Ethan Hawke returned in 2013 with the next installation of their romance trilogy, *Before Midnight*. CONTRIBUTED

Reasons we love film in 2013

The best of the year.

Today we look at the best of 2013 — tomorrow, the worst



NED
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Metro World News in Hollywood

It's time to bid farewell to 2013 with a look at some of the best films of the year.

12 Years a Slave

An astonishing triumph in filmmaking, Steve McQueen's true tale of America's ugly past is not only an important movie, it's also

a beautifully made one. It's visceral, haunting and cathartic, featuring a massive, stellar cast — though Brad Pitt's supporting performance keeps it from being absolutely perfect, one sour note in an otherwise flawless symphony.

Her

What sounds overly quirky on paper — a quiet loner (Joaquin Phoenix) falls in love with his computer's new OS (voiced by Scarlett Johansson) — turns out to be one of the most moving and insightful examinations of intimacy in years. What Spike Jonze understands about intimacy is truly impressive.

Gravity

Alfonso Cuarón advances the art of filmmaking with this immersive and terrifying yet perfectly simple tale of being lost in space. He's also the first filmmaker to properly justify the use of 3-D since James Cameron brought it back into fashion with *Avatar*.

Inside Llewyn Davis

The Coen Brothers' darkly comic rumination on creative pursuits and fame set in the 1960s New York City folk scene is a joy to behold, even if they are trying to bum you out.

Before Midnight

Maybe it's a bit like cheating,

since Richard Linklater, Julie Delpy and Ethan Hawke have been working on these characters for 18 years, but there are few who have achieved such honest on-screen portrayals of how relationships evolve.

Nebraska

Alexander Payne conveys a clear affection for his ramshackle characters navigating what's become of their less-than-satisfying lives. Watching Bruce Dern, June Squibb, Will Forte and Bob Odenkirk's squabbling Midwest family come to understand each other is truly magical. Black-and-white filmmaking has rarely felt so warm.

The Way Way Back

Writers and directors (and co-stars) Jim Rash and Nat Faxon cleverly conceal a poignant examination of maturity in a raucous, throwback comedy. Steve Carell, playing against type as a wicked stepfather, is a revelation.

Fruitvale Station

Writer-director Ryan Coogler gives himself a tough act to follow with this startling and devastating debut, an examination of the last 24 hours in the life of Oscar Grant before he was accidentally killed by San Francisco transit police in 2009. A celebration of life that will get you angry all over again.

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Mandela's long walk through life

Long Walk to Freedom. Director Justin Chadwick gives in-depth look at leader

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Metro World News in Hollywood

Director Justin Chadwick offers a full picture of Mandela's life with *Mandela: Long Walk to Freedom*, including glimpses into the recently deceased world leader's troubled younger days and the trials of his wife, Winnie. Metro sat down with Chadwick in November, prior to Mandela's death.

You just got to screen this film at the White House. Not too shabby.

I mean, what an honour. Just a completely humbling experience. I mean, just to be at the White House, and then to hear President Obama talking about the importance of it and of Mandela and



Mandela: Long Walk to Freedom opens on Dec. 25. CONTRIBUTED

what the film will mean to a new generation, his own children, it was very moving. And inspiring. What a man. It was a brilliant, brilliant, brilliant night, and my wife and I, we couldn't sleep. We got up the next day like, "Did it really happen?"

It's not the type of thing you do for just any movie.

Someone told me that Harvey [Weinstein] hadn't done a White House screening since Good Will Hunting, which is pretty amazing.

When you're tackling such a

long life and such a complex story, how do you pick out where the stops along the way are for your story?

It's the Long Walk to Freedom, so it was his book. It had to start with him as a boy. It felt appropriate to show the whole story. And because we were going for

a personal take and to explore him as a man, flaws and all, we had to show Mandela behind closed doors — him as a father, him as a husband, him as a young man. And the film deals with a pernicious racism that is still present today, but Mandela actually shows a way

of what to do with that hatred and what to do with that anger as a person.

You also had to deal with covering his life from a boy to an old man. Did you think about using multiple actors for the adult Mandela?

The producers initially talked to me about the idea of big Hollywood stars to [potentially] play the role of older Mandela, and right off I wanted one person to play as much of it as possible. I mean, there's three Mandelas in mine, but it felt like for the majority of the film there should be one person for the audience to identify with. If we could find a way of doing the age, then we would be able to stick with one actor. It's something I was really keen about, but it was something that was a bit nerve-wracking as well because Idris [Elba] is a very instinctive actor, a very immediate actor. I didn't want to lose the subtlety of his performance underneath makeup.

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Reeves on love, honour and revenge

47 Ronin.

Actor sits down with Metro to talk about his fascination with Japanese culture

IVAN
NIKOLAYEV

Metro World News in Russia

Keanu Reeves, the star of new samurai movie 47 Ronin reminisces about The Matrix and reflects on the samurai code of honour.

How did you get involved in 47 Ronin?

I was offered it by producer Scott Stuber and Universal about four years ago. I really liked the script and they began looking for a director and chose Carl Rinsch. I met him and loved his approach to filmmaking and his vision of making it like a painting.

The theme of the movie is close to your heart?

I would say yes. I love when it's

all about honour, a dramatic love story, revenge. Vengeance in real life is dirty business. But in movies, it's great, especially for the sake of honour. Plus, I could not miss the chance of working with a samurai sword, and tell the story of a ronin [warrior]. I do respect the history of these rogues, so for me, the role of Kai — a man of honour — impressed me because of the history's motive, because of being in exile.

Did you know the original story of the 47 Ronin before filming?

To be honest, I didn't. I have been in Japan a few times, but I never came across it.

I heard that you're one of the most beloved Western actors in Japan...

Really? I do love going there, in fact. I cherish their arts and culture, which I discover for myself out there.

You mean, the samurai code of honour?

I'm trying to learn bushido. What does it mean to live by the bushido code, it's



Keanu Reeves stars in 47 Ronin, which opens Dec. 25. CONTRIBUTED

sacrifice. But I only understand it in a romantic way. If we're talking about honour, and being honourable to oneself and others, I react very seriously about it. Duty,

responsibility... all of that is important.

I can't leave it out, but in the past 14 years, The Matrix is one of my favourite movies.

Mine too! (laughs)

We all know how it ended, but if the opportunity arose to do something else in this thread, would you want to

participate?

Oh, damn (sighs). I love this movie and the entire trilogy; it's a very important part of my life. If the Wachowskis asked me to do something else, I would say yes. But I cannot imagine what else it might be. For me, for the hero Neo, for Thomas Anderson, to go the way he did — absolute self-sacrifice for the sake of peace for all living beings — is a great way.

Many of your friends commented that Neo is very similar to you — is that true?

I believe that our views on the world are similar. The Wachowskis were questioning reality and all the forces that govern our world; they explored the idea of who we are as individuals. This is exactly a part of my world view. What's more, I played an outsider — Thomas Anderson.

So you can call yourself a rebel?

I don't know about that. The world has real rebels and insurgents.



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Dwyane Wade and Gabrielle Union ALL PHOTOS GETTY IMAGES

Christmas in Miami: Dwyane Wade pops the question

Dwyane Wade and Gabrielle Union are engaged. The Miami Heat star proposed to his longtime girlfriend Saturday and the actress accepted. They announced the news through social media, around the same time as the two-time defending NBA champions were gathering for a team Christmas party.

"She said YES!!!" Wade posted to his Twitter and Instagram accounts, with a photo of Union wearing a large diamond solitaire on the ring finger of her left hand. It will be the second marriage for

both Union, 41, and Wade, who turns 32 next month. No date has been announced.

"A special evening," Heat managing general partner Micky Arison wrote on Twitter.

Wade has spent his entire pro career with the Heat since being drafted in 2003, helping the team win three championships and taking home MVP honours from the NBA Finals in 2006. Union has starred in movies such as Bring It On and Think Like A Man, along with the BET series Being Mary Jane.

THE ASSOCIATED PRESS



Beyoncé

Even Beyoncé gets last-minute jitters

Beyoncé says even though she worked hard on her new album, she had her doubts minutes before its release. She says she wondered if people were going to hate it.

She needn't have worried. The singer's eponymous fifth album debuted at No. 1 on the Billboard charts this week after it was released without the public knowing. Beyoncé sold 617,000 units in the U.S.

in a week; it has sold more than one million albums worldwide.

The album includes 14 songs and 17 videos. Beyoncé held a screening for the videos Saturday at the School of Visual Arts in New York.

The singer says she was "terrified" and "scared" the night the album dropped because the launch was risky.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Holidays in Hollywood



Bah humbug: Celebs fail to embrace the seasonal spirit



STARGAZING
Malene Arpe
scene@metronews.ca

Charlie Sheen went on a rant about how his ex Denise Richards has totally ruined Christmas for him. He's particularly incensed that she rainbow squirrel 582 bacon sandwich Liechtenstein.

Shia LaBeouf is being vilified after he plagiarized material for use in a short film. Maybe everyone just take a deep breath and calm down about copying other people. As I once said, "Forbear to judge, for we are sinners all."

Wynonna Judd allegedly put a tracking device on her sister Ashley's car. "That sounds entirely reasonable and smart," said Charlie Sheen, and went back to building a life-sized model of Albania entirely

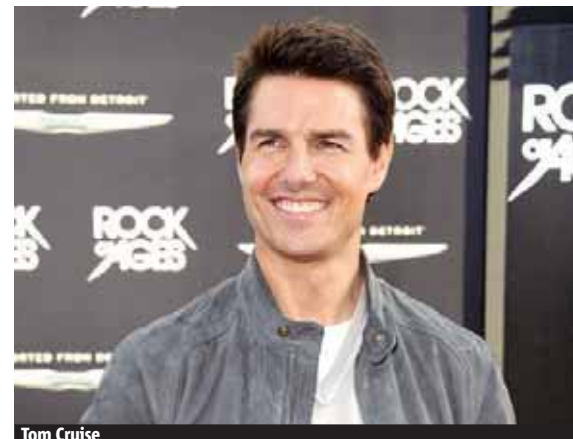
from used toothpicks and gerbil whiskers.

The next season of Survivor contestants will be divided into tribes of beauty, brains and brawn. It's just like high school. Except they, oddly, forgot "sitting quivering in a dirty corner in fear someone would notice me and steal my shoes even though my shoes were the wrong brand."

Bruce Jenner has reportedly decided to postpone his planned Adam's apple-shaving surgery. It's more of a fall kind of activity. For Christmas he'll probably just have his antlers removed.

Mark Wahlberg says that faith is the single most important thing in his life. "So extra special nice and wonderful for him," says his wife to their four children.

Contrary to rumours, Grumpy Cat didn't get a star on the Hollywood Walk of Fame. Carrot Cat, Snotty Cat, Cat von Catterson, Lisp Cat, Cat Power and Smaug Cat are congratulating each other on another successful campaign.



Tom Cruise

Cruise, publisher settle over stories claiming he abandoned Suri

The publisher of two tabloid magazines said it never intended to imply that Tom Cruise had cut all ties to his daughter after his divorce and announced Friday that it had reached a settlement with the actor over two stories it published. Bauer Publishing and Cruise's lawyer wrote in a joint statement that the terms of the settlement were confidential.

"Bauer Publishing, as well as In Touch and Life & Style magazines, never intended to communicate that Tom Cruise had cut off all ties and abandoned his daughter, Suri, and regret if anyone drew that

inference from anything they published," the statement read.

Cruise sued the company over stories published in its Life & Style and In Touch magazines in 2012 that claimed the actor hadn't been in contact with his daughter for several weeks after his divorce from actress Katie Holmes. The actor sued Bauer in October 2012 seeking tens of millions of dollars in damages.

His lawyer, Bert Fields, called the stories outrageous and said that Cruise spoke to his daughter frequently while working on a pair of movie shoots that kept him overseas.

THE ASSOCIATED PRESS



Ellen DeGeneres

Forget the Oscars — Ellen's got her eye on a part in Bridesmaids 2

Returning Oscar host Ellen DeGeneres says she's working with Bridesmaids director Paul Feig to promote the Academy Awards because she's angling for a part in the Bridesmaids sequel, even though no such film has been announced.

In a video released late Thursday by the film academy, the 55-year-old funny woman says: "Two plus two:

great Oscar promo, Bridesmaids 2, cha-ching!"

Feig has demurred about a Bridesmaids sequel since the movie's groundbreaking success in 2011. The director's most recent film, last summer's The Heat with Sandra Bullock and Melissa McCarthy, also blasted box office expectations and inspired rumours of a sequel.

THE ASSOCIATED PRESS

Book Excerpt

Keep your cookies



IT'S ALL
RELATIVE
Kathy Buckworth
Kathybuckworth.com

One of the first signs that Christmas is coming is the perky little email you'll get from some well-meaning

friend or relative, inviting you to join what's called a "Cookie Exchange." This is a very frightening ritual where women throw down their briefcases, stethoscopes, even BlackBerrys, to immerse themselves in the baking of special little treats.

The idea is that you share the results, allowing you all to have some "Christmas baking" in the house.

The real purpose behind having Christmas baking in

the house is not clear, as most women will spend the balance of the year complaining about the size of their own thighs and the expanding girth of their husband. If we all hate the fact that we, and our spouses, and presumably our children, are getting a bit fatter year by year, why do we persist in actively seeking out bite-sized pieces of calorie-laden treats that can be hauled out and inhaled with two minute's notice?

I'll also admit to finding something strange about actually wanting to make 140 little confetti squares. Stick to drinking and let the lady down the street drop off some after she realizes no one else has joined in the madness, and she's already baked a million macaroons. **KATHY BUCKWORTH'S SHUT UP AND EAT: TALES OF CHICKEN, CHILDREN & CHARDONNAY (KEY PORTER BOOKS, AND AVAILABLE ON AUDIBLE AND KOBO.**

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Read the latest Metro content from Lyanda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book *Reasons Mommy Drinks*, at metronews.ca/voices.



Deflating the detached-dad myth

Fathering. Many men even do diapers, survey shows

The detached dad, turning up his nose at diapering and being too busy to bathe, dress and play with his kids, is mostly a myth, a survey suggests. Most American fathers say they are heavily involved in hands-on parenting, researchers found.

The nationally representative survey shows fathers' involvement has increased slightly since the government first asked in 2002, coinciding with research since then that bolsters the benefits of hands-on fathering.

The results are encouraging and important "because others have found the more involved dads are, the better the outcomes for their children," said researcher Jo Jones of the National Center for Health Statistics, part of the Centers for Disease Control Prevention. She co-authored the report.

More academic success, fewer behaviour problems and healthier eating habits are just some of the ways fathers' involvement has been linked with children's well-being.

"Times have changed," said Robert Loftus, 34, of Yonkers, N.Y. He quit a six-figure sales



Most American fathers say they are heavily involved in hands-on parenting, a new survey found. PATRICK SEMANSKY, FILE/ THE ASSOCIATED PRESS

job a year ago to care for his two young children while his wife works full time. "We're trying to rethink our priorities and family seems to be the No. 1 priority whereas in the past maybe people were more focused on career."

The results build on volumes of research showing changes in the American family

since the baby boom years and before, when women were mostly stay-at-home moms and dads were the major breadwinners. As those roles shifted, so did the view that moms are the only nurturers.

The study involved nearly 4,000 fathers aged 15 to 44 who were interviewed in person between 2006 and 2010. One

caveat: They self-reported their involvement, without input from their partners or others. Most men were married or living with a partner. Overall, almost 90 per cent of dads said they thought they were doing at least a good job of fathering.

The researchers noted that during the study years, 45 per cent of U.S. men — 28 million

Key findings

Among fathers living with children younger than 5:

- 9 in 10. Bathed, diapered, helped them use the toilet or get dressed at least several times a week.
- Almost 2 of 3. Read to them several times a week.

Among fathers living with children aged 5 - 18:

- More than 9 out of 10. Ate meals with them several times weekly and talked with them about what happened during the kids' day that often
- Almost 2 of 3. Helped with homework several times weekly.

— aged 15 to 44 had a biological child. About the same number had a biological, adopted or non-related child living with them or an adopted or biological child living elsewhere.

Loftus, the New York stay-at-home dad, said he feels lucky to be able to be such a hands-on father. "I'm doing the most important job in the world," he said. **THE ASSOCIATED PRESS**

Games parents play

Silvana Clark spent 10 years as a parks and recreation supervisor for the city of Bellingham, Wash., yet when it came time to raise children, there were certain things she just didn't love to play.

"When we played Monopoly we were the worst. We actually applauded each other if you could steal money out of the bank without the other person knowing it," she recalled. "We would say to our daughter, 'You stole \$100. That was so good. Just don't do that with your

friends."

But there were countless other things Clark and her husband enjoyed. The couple lived guilt-free about the rest, believing their kids had plenty of quality time with their parents.

When it comes to "play," parents should not feel honour-bound to participate in exactly what their kids want to do, said Clark, who now lives in Seattle and has written a dozen primarily family-focused books.

Quality time, she suggested, doesn't have to mean a hated

board game or endlessly pretending you're a cat. "As long as kids have your full attention, it can be as simple as taking the dog for a walk together or getting a bird feeder and reading about how to attract birds," Clark said.

Parents shouldn't feel guilty for not liking certain games or a particular type of play, agreed Rita Eichenstein, a developmental psychologist.

"Your child will know how you are feeling, no matter how much you fake it, so it's best to



Quality time doesn't have to mean doing something parents hate. ISTOCK

create games and activities that you both find fun," she said.

In addition to developmental benefits for kids, play can reawaken and relax parts of parents' brains that help them live more in the moment, where children naturally dwell,

Eichenstein said.

When a parent has to suck it up and play something they're not into, Clark suggests setting a timer for 15 or 20 minutes, or establish a special time of the week that's "kid choice."

THE ASSOCIATED PRESS

3 THE

Because those presents aren't going to open themselves...

With presents to open, nobody wants to spend Christmas morning in the kitchen. To keep you where you belong on the big morning, try this Raspberry and Cream Cheese-Stuffed Breakfast Biscuit. It is fast and easy to assemble. It also can be prepped in advance.

1. If cooking immediately, heat

Ingredients

- 3 cups all-purpose flour
- 1 tbsp baking powder
- 1 tsp baking soda
- 1 tsp kosher salt
- 2 tbsp granulated sugar
- 1 cup buttermilk
- 1/3 cup heavy cream
- 2 eggs
- 3/4 cup (1 1/2 sticks) cold unsalted butter, cut into small cubes
- 1 cup (8 oz) raspberry jam
- 4 oz cream cheese, room temperature
- 2 tbsp turbinado sugar



This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

oven to 400 F. Coat 9-by-13-inch baking pan with cooking spray.

2. In bowl, whisk flour, baking powder, baking soda, salt and sugar. In another bowl, whisk buttermilk, cream and eggs.

3. Stir butter cubes into flour, flattening and breaking up slightly. Gently stir buttermilk

mix into flour and butter. It should make shaggy dough with clumps of butter. Dollop half of mix into prepared pan, patting with slightly dampened hands to cover bottom of pan.

4. Spread jam over surface, coming to 1/2 inch from edge. Dot small dollops of cream cheese over jam. Dollop re-

maining biscuit dough over top, then sprinkle with sugar.

5. Place pan in the freezer for 10 minutes. (If not cooking immediately, cover tightly with plastic wrap and freeze.) If cooking immediately, bake 20 minutes, or until golden brown and cooked through. Serve warm. **THE ASSOCIATED PRESS**

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For casual dining, Baton Rouge is a great choice. Unfortunately, one of its sandwiches isn't.



Louisiana Chicken Sandwich (6oz/170g)

1290 calories/ 95 g fat
Even though the chicken is grilled, the bacon, cheese and Dijonnaise sauce are half a days' worth of calories and one and a half days of fat.

Equivalent

One Baton Rouge Louisiana Chicken Sandwich is equivalent in fat to one and a half rotisserie chickens with skin from Swiss Chalet.



Deluxe Hamburger (8oz/ 226 g)

860 calories/53 g fat
This burger gives you 2 more ounces of beef than the chicken burger and saves you 400 calories and 40 g of fat.



Christmas morning mishmash

Christmas morning is meant to be spent under the tree, not at the stove. And yet you still want the house to fill itself with delicious aromas.

Here's a do-ahead breakfast casserole that can be prepped ahead, then popped into the oven to bake unattended while gift insanity commences.

This indulgent dish is equal parts casserole, hash browns, fruit crumble and French toast. Because, why

not? It's Christmas

1. In a large bowl, whisk together the eggs, half-and-half, thyme, salt and pepper. Set aside.

2. Coat a deep 9-by-13-inch baking pan with cooking spray. Arrange 4 slices of the bread in an even layer over the bottom of the pan..

3. In a large bowl, toss together the potatoes, apples and

cheese. Spread the mixture evenly over the bread. Pour half of the egg mixture evenly over the potatoes and apples, pressing it with a fork to help it absorb evenly. Top the potato mixture with the remaining 4 slices of bread. Pour the remaining egg mixture over the bread and press gently with a fork to help it absorb.

4. In the same bowl used to mix the potatoes and apples, combine the flour, oats, brown sugar, butter and cinnamon. Use your hands to mix the ingredients together until evenly blended. Spread the crumble topping evenly over the bread. Cover tightly with plastic wrap and refrigerate until morning.

5. When ready to bake, heat the oven to 375 F. Uncover the



This recipe serves 12. MATTHEW MEAD/ THE ASSOCIATED PRESS

baking dish and bake for 1 hour, or until lightly browned and crisp.

THE ASSOCIATED PRESS

Ingredients

- 9 eggs
- 2/3 cup half-and-half
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 8 slices sandwich bread
- 4 cups (about 1 lb) frozen shredded potatoes
- 3 large apples, peeled, cored and diced
- 8 oz (2 cups) shredded cheese
- 2 cups all-purpose flour
- 1 cup rolled oats
- 1 cup packed brown sugar
- 1 cup (2 sticks) butter, softened
- 1 tbsp cinnamon

Breakfast. Baked Nutty Berry French Toast



1. Butter a 3-l (13-by-9-inch) glass baking dish. Arrange bread in a single layer in dish.

2. In a large bowl, whisk together eggs, 125 ml (1/2 cup) of the sugar, nutmeg and cinnamon until blended; whisk in milk and vanilla. Pour evenly over bread. Cover and refrigerate for at least 6 hours or overnight.

3. Heat oven to 200 C (400 F).

4. In a small bowl, combine remaining 50 ml (1/4 cup) sugar, pecans and melted butter. Spread berries evenly over bread mixture; sprinkle with pecan mixture.

5. Bake for 35 to 40 minutes or until bread is puffed in the centre and fruit is bubbling.

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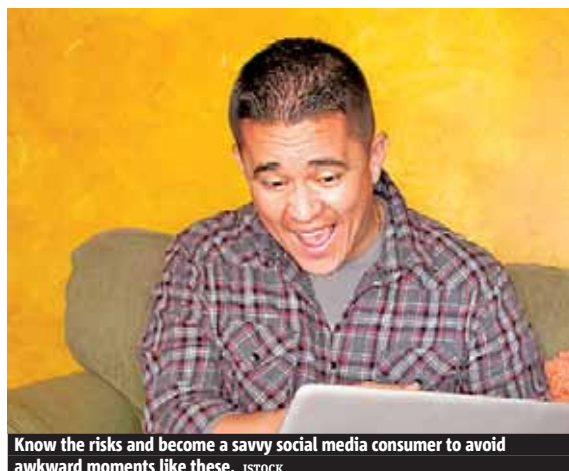
Private made public.
Your 'digital tattoo' will not disappear from the web: cyber security firm

Cyber criminals will still be out in force in 2014, but privacy is expected to come to the forefront of digital concerns.

Along with scams, cyber security firms see a continued risk to citizens' privacy with basic activities such as posting on social media sites, downloading apps on their smartphones and, of course, through indiscretions.

"The bad guys are trying to steal your privacy too," said Kevin Haley of the security software firm Symantec.

But Haley said recent news events revealing how personal information can be scooped up



Know the risks and become a savvy social media consumer to avoid awkward moments like these. ISTOCK

online will get people thinking about their digital privacy.

"I think it finally gives people the perspective, the concept, of how much information can be gathered about them online," said Haley, a director with

Symantec's security response team in Culver City, Calif.

For example, documents obtained from former U.S. National Security Agency contractor Edward Snowden showed that the organization gathered as

many as five billion records every day from hundreds of millions of cellphones worldwide by tapping into cables that carry international data traffic.

Also reported by media outlets were American and British intelligence operations spying on gamers across the world. Reports suggested that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of Warcraft.

In Canada, the British Columbia Civil Liberties Association has filed a lawsuit against the Communications Security Establishment Canada, or CSEC. The group claims Canadian data is being swept up as CSEC monitors emails, phone calls and text messages of foreign targets, when those targets are communicating with Canadians.

Haley said he expects pri-

Y'all ready for this?

"When they put something or post something online, it's there for life."

Raj Samani
Vice president and chief technology officer, McAfee Inc.

vacy concerns will push app makers to offer users increased data protection.

"We will see a lot of failed attempts and partial solutions. We're not going to solve this problem in 2014, but we'll begin to make steps and people will begin to do things to try to create a sense of privacy," he said.

Online users, especially younger ones, will move to more obscure or niche social media sites, believing they will have better privacy.

"Security by obscurity, in

this particular case, by using not as popular or non-popular social media sites is just not going to do it," Haley said.

People will also try to create false identities that only their circle of friends will know, he added.

Raj Samani of McAfee Inc. said online users need to understand their "digital tattoo."

"When they put something or post something online, it's there for life," said Samani, vice president and chief technology officer for McAfee in Europe, Middle East and Africa.

Samani notes that in some cases parents are signing up their children for social media sites when they're actually underage. Facebook users must be at least 13 years old.

"Parents in many cases are enabling children to be on the Internet without any safeguards at all," he said from London.

THE CANADIAN PRESS

I strummed all the way to school

Educators take note.
Through mariachi music, students find path to college

By the end of a recent weekend, the big achievement among Ramon Rivera's high school mariachi band wasn't that they had logged more than a thousand kilometres in a bus packed with musical instruments or that they had played two shows in front of large audiences.

It was that eight of them, all sons and daughters of Latino farm workers in the heart of Washington state's apple country with their heritage, had been accepted into Washington State University — the first in their families to gain admission to college.

"They could be the next lawyers, senators, doctors, and the next president of the United States," Rivera told a cheering theatre crowd that weekend during one of their shows.

The news was one of the success stories from the Wenatchee High School, where officials created a mari-

The melody made me do it

"Mariachi is a leadership class for our students because it teaches them self-discipline, teaches them to work hard, teaches them how to be on time, teaches them to speak in front of an audience."

Ramon Rivera
Head of the Mariachi Huenachi program

achi program to connect children of farm workers in the heart of Washington state's apple country with their heritage.

School officials say the class has helped students centre themselves and has even helped graduation rates.

It's not just for farm workers' kids, however. Everyone's invited and some non-Latino kids have joined.

"Mariachi is a leadership class for our students because it teaches them self-discipline, teaches them to work hard, teaches them how to be on time, teaches them to speak



Members of Wenatchee High School's Mariachi Huenachi program perform outside CenturyLink Field prior to a Seattle Sounders MLS soccer game in Seattle. TED S. WARREN / THE ASSOCIATED PRESS

in front of an audience," Rivera said.

"These are skills that can't be put down on a test," said Rivera, who moved to Wenatchee from the Los Angeles area in 2006 to take over the program, and reinforced the program's focus on higher education.

Wenatchee, located in north central Washington state, is built on agriculture, sending millions of apples, cherries and pears worldwide. Many of the fruits are picked

by immigrant farm workers from Mexico and Central America. Some of their children work summers in the fields.

To connect with them, the school district created the program using Mexico's mariachi music in 1997. The program is dubbed Mariachi Huenachi for the Spanish phonetic spelling of Wenatchee.

Now more than 300 students in the high school and middle school learn the soulful ballads.

Over 45 per cent of students at the Wenatchee school district are Latino; 20 per cent are migrant students. Nearly 60 per cent of students are on free or reduced meal programs, an indicator of poverty, according to state figures.

Rivera is fully aware of those economic realities. "I think the best key to get out of poverty is to get your education. The best way to help your family is to get your education," he said.

To reach his students, Rivera approaches his task from various angles. First, he requires a 3.0 GPA to play.

To perform with the travelling group, students must try

out. Students in the top group are well versed in playing the violin, guitar, trumpet and the "guitarron," a large six-string guitar used by mariachis. Some students also must sing.

He keeps his students busy, filling in many weekends with performances across the state. One weekend it's a gig at the Sounders game in Seattle. Another weekend is a show at a Tacoma theatre or at the state capital for Gov. Jay Inslee.

The students also play at senior centres around their town.

They log their activities, and use them to pad their college, scholarship and job applications.

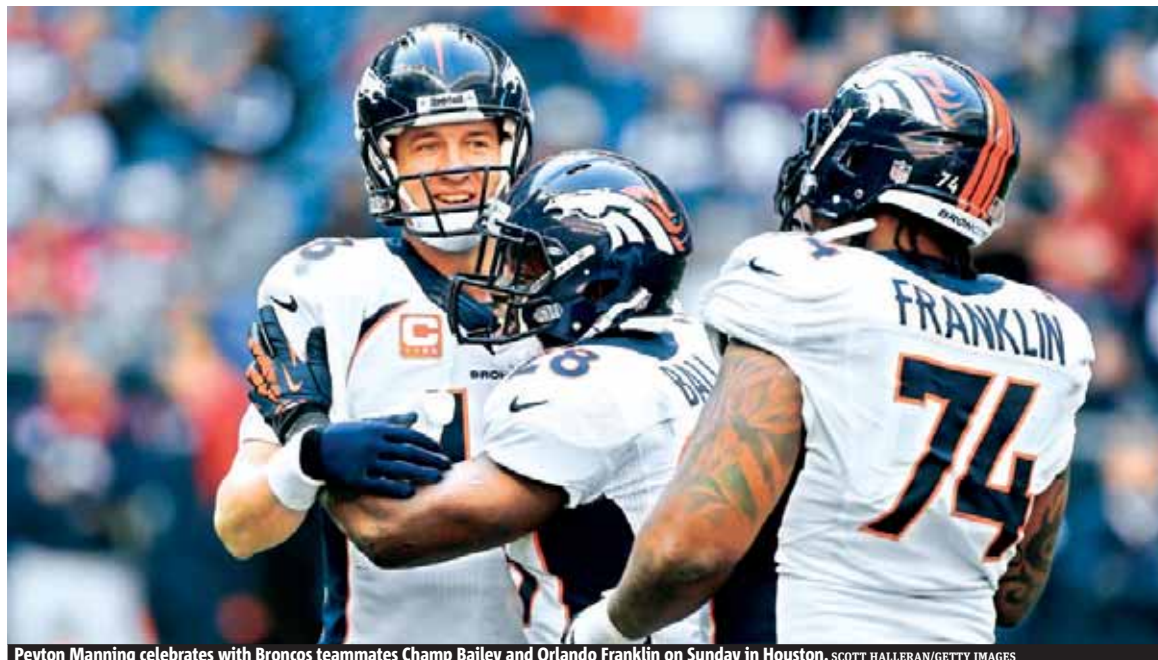
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Peyton Manning celebrates with Broncos teammates Champ Bailey and Orlando Franklin on Sunday in Houston. SCOTT HALLERAN/GETTY IMAGES

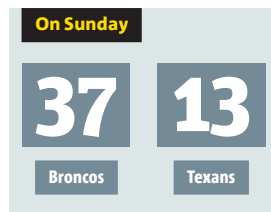
Manning back atop TD-pass mountain

NFL. Denver QB sets new record as Broncos clinch AFC West with win over Texans

Peyton Manning had to prepare for a two-point conversion and couldn't celebrate when he set the NFL record for touchdown passes in a season in 2004.

On Sunday, when Denver's quarterback regained the record against the Houston Texans, he was able to soak in the historic moment.

"It was very special," he said. "Very rarely during an NFL



game do you get to have a moment like that."

Manning regained his record with 51 when he threw for 400 yards and four touchdowns, including three in the fourth quarter to give Denver its third straight AFC West title. He surpassed the 50 TD passes

Tom Brady threw in 2007 and led the Broncos (12-3) to a 37-13 win over the Texans (2-13) that extended Houston's franchise-record skid to 13 games.

Manning did it on a 25-yard pass to Julius Thomas with 4:28 remaining. Just 2 1/2 minutes earlier, he tied the mark with a 20-yard pass to Eric Decker.

Manning figures Brady will overtake him again one day, especially if the NFL moves to an 18-game regular season.

"I think it's a unique thing and a neat thing to be a part of NFL history, even though it may be temporary," he said. "So I'm going to enjoy it as long as it lasts, and hopefully the Hall

of Fame will send the ball back once somebody throws for more."

He entered the game with 47 and his first touchdown came on a 36-yard pass to Demaryius Thomas in the second quarter. The second was a 10-yard throw to Decker earlier in the fourth period.

Manning had previously established the record by throwing 49 touchdown passes in 2004.

The Broncos already had a spot in the playoffs, but their victory, combined with Kansas City's loss to Indianapolis, gave them the division crown.

THE ASSOCIATED PRESS

World juniors

Canada falls to Swedes in friendly

Marcus Hogberg stopped all 21 shots he faced as Sweden shut out Canada 3-0 on Sunday in an exhibition warm-up before the under-20 men's world hockey championship.

Andre Burakowsky scored and added an assist for Sweden, while Lukas Bengtsson and Andreas Johnson had goals as well.

Jake Paterson made 31 saves in net for Canada.

THE CANADIAN PRESS

Skicross

Canada's Duncan a double winner over weekend

Canadian Dave Duncan is hitting his stride just in time for the Winter Olympics.

Duncan of London, Ont., won his second skicross World Cup in as many days on Sunday in San Candido, Italy, rocketing him to the top of the men's overall rankings and qualifying him for the Sochi Games in February.

"From the outhouse to the penthouse," said Duncan, who skied on the international circuit for five years before winning his first World Cup on Saturday. "It's pretty hard to sum up everything that's happened this weekend. It's an incredible feeling."

"I know that's a troublesome word, but the truth of it is that describes how much this means to me to get that first win and not even have to wait 24 hours to get a second one. I mean, this is the stuff you dream of."

THE CANADIAN PRESS

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Canucks ground Jets at the cost of losing Luongo

NHL. Vancouver overcomes injury to starting goalie, Richardson scores game-winning goal

Defenceman Chris Tanev scored the winning goal in the third period as the Vancouver Canucks defeated the Winnipeg Jets 2-1 Sunday night in a game where goaltender Roberto Luongo left early with an injury.

Luongo left the game with 3:30 remaining in the first period. He headed toward the Canucks' dressing room where he was evaluated by team medical staff and didn't return, not



even to sit on the bench. Earlier in the period, Luongo had his leg clipped by big Winnipeg defenceman Dustin Byfuglien. He was also knocked flat on the ice

during a goal-mouth collision with the Jets' Blake Wheeler.

The Olympic gold medallist, who had made six saves, was replaced by Eddie Lack. Luongo is one of the goaltenders being considered to play for Canada at the 2014 Sochi Winter Olympics.

Tanev gave Vancouver the lead at 10:23 of the final period. He took a pass in the high slot from Zack Kassian and ripped a shot past Winnipeg goaltender Ondrej Pavelec.

Brad Richardson, on the power play, also scored for Vancouver, while Evander Kane scored on the power play for Winnipeg.

The Canucks have won nine of their last 11 games and collected points in 10 of those matches. **THE CANADIAN PRESS**

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	36	24	10	2	100	75	50
Tampa Bay	36	22	11	3	100	86	47
Montreal	38	22	13	3	96	84	47
Detroit	38	17	12	9	99	105	43
Toronto	38	18	16	4	105	111	40
Ottawa	38	14	17	7	106	126	35
Florida	37	14	18	5	87	117	33
Buffalo	36	9	24	3	64	104	21

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	38	27	10	1	121	83	55
Washington	36	19	13	4	115	109	42
New Jersey	37	15	15	7	90	94	37
Philadelphia	36	16	16	4	89	103	36
Carolina	36	14	14	8	83	101	36
NY Rangers	37	17	18	2	86	101	36
Columbus	36	15	17	4	97	103	34
NY Islanders	37	10	20	7	93	129	27

Sunday's results

NY Rangers 4 Minnesota 1
Vancouver 2 Winnipeg 1

Saturday's results

Pittsburgh 4 Calgary 3
Phoenix 4 Ottawa 3 (OT)
Los Angeles 3 Colorado 2 (SO)
Montreal 4 Nashville 3 (OT)
Anaheim 5 NY Islanders 3
Tampa Bay 3 Carolina 2 (OT)
Boston 4 Buffalo 1
Detroit 5 Toronto 4 (SO)
Columbus 6 Philadelphia 3
New Jersey 5 Washington 4 (OT)
St. Louis 6 Edmonton 0
San Jose 3 Dallas 2 (SO)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	38	25	7	6	140	105	56
St. Louis	35	24	7	4	125	81	52
Colorado	35	23	10	2	102	83	48
Minnesota	38	20	13	5	87	92	45
Dallas	35	17	12	6	101	105	40
Winnipeg	38	16	17	5	101	110	37
Nashville	36	16	16	4	83	103	36

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	38	26	7	5	124	96	57
Los Angeles	37	25	8	4	104	71	54
San Jose	36	22	8	6	116	90	50
Vancouver	39	22	11	6	106	93	50
Phoenix	35	19	10	6	110	108	44
Calgary	36	13	17	6	91	115	32
Edmonton	38	11	24	3	95	133	25

Note: Two points for a win, one point for overtime loss.

Monday's games — All Times Eastern

Phoenix at Buffalo, 7 p.m.
Anaheim at Washington, 7 p.m.
Toronto at NY Rangers, 7 p.m.
Columbus at Carolina, 7 p.m.
Minnesota at Philadelphia, 7:30 p.m.
NY Islanders at Detroit, 7:30 p.m.
Pittsburgh at Ottawa, 7:30 p.m.
Tampa Bay at Florida, 7:30 p.m.
New Jersey at Chicago, 8 p.m.
Boston at Nashville, 8 p.m.
St. Louis at Calgary, 8 p.m.
Winnipeg at Edmonton, 9:30 p.m.
Dallas at Los Angeles, 10:30 p.m.
Colorado at San Jose, 10:30 p.m.

NFL

WEEK 16

Sunday's results

Cincinnati 42 Minnesota 14
N.Y. Jets 24 Cleveland 13
Denver 37 Houston 13
Indianapolis 23 Kansas City 7
St. Louis 23 Tampa Bay 13
Buffalo 19 Miami 0
Tennessee 20 Jacksonville 16

Dallas 24 Washington 23
Carolina 17 New Orleans 13
N.Y. Giants 23 Detroit 20 (OT)
Arizona 17 Seattle 10
Pittsburgh 38 Green Bay 31
New England 41 Baltimore 7
San Diego 26 Oakland 13
Philadelphia 54 Chicago 11
Monday's game — All Times Eastern
Atlanta at San Francisco, 8:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	22	5	.815	—
d-Miami	20	6	.769	1 1/2
Atlanta	15	12	.556	7
d-Toronto	11	14	.440	10
Washington	12	13	.480	9
Charlotte	13	15	.464	9 1/2
Detroit	13	16	.448	10
Boston	12	17	.414	11
Chicago	10	16	.385	11 1/2
Cleveland	10	16	.385	11 1/2
Brooklyn	9	17	.346	12 1/2
New York	8	18	.308	13 1/2
Orlando	8	19	.296	14
Philadelphia	8	20	.286	14 1/2
Milwaukee	6	21	.222	16

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	23	5	.821	—
Oklahoma City	22	5	.815	1/2
d-San Antonio	21	6	.778	1 1/2
d-L.A. Clippers	19	9	.679	4
Houston	18	10	.643	5
Phoenix	16	10	.615	6
Dallas	15	12	.556	7 1/2
Denver	14	12	.538	8
Golden State	15	13	.536	8
L.A. Lakers	13	14	.481	9 1/2
Minnesota	13	14	.481	9 1/2
New Orleans	11	14	.440	10 1/2
Memphis	11	15	.423	11
Sacramento	8	18	.308	14
Utah	8	22	.267	16

d - division leader

Sunday's results

Indiana 106 Boston 79
Toronto 104 Oklahoma City 98
Minnesota at L.A. Clippers
Monday's games — All Times Eastern
Milwaukee at Charlotte, 7 p.m.
New York at Orlando, 7 p.m.
Detroit at Cleveland, 7 p.m.
Indiana at Brooklyn, 7:30 p.m.
Atlanta at Miami, 7:30 p.m.
Utah at Memphis, 8 p.m.
Dallas at Houston, 8 p.m.
Toronto at San Antonio, 8:30 p.m.
Golden State at Denver, 9 p.m.
L.A. Lakers at Phoenix, 9 p.m.
New Orleans at Sacramento, 10 p.m.
Wednesday's games
Chicago at Brooklyn, 12 p.m.
Oklahoma City at New York, 2:30 p.m.
Miami at L.A. Lakers, 5 p.m.
Houston at San Antonio, 8 p.m.
L.A. Clippers at Golden State, 10:30 p.m.



Enjoy the foods you
love with less gas.



Horoscopes

Aries

March 21 - April 20

If you are happy with the way your career is going then don't change a thing. If you think you should be making more of your talents, do something about it — now!

Taurus

April 21 - May 21

This is a fortunate time of year for you, so why the feeling of impending doom? Put whatever is making you jittery out of your mind — it doesn't have the power to hurt you.

Gemini

May 22 - June 21

Don't get uptight if someone you live or work with points out where you are going wrong. Take it in your stride, learn from your error and do better next time.

Cancer

June 22 - July 23

It would be wise to take what other people say with a large pinch of salt today — most likely it is the exact opposite of what they really mean.

Leo

July 24 - Aug. 23

Sit down, put your feet up and let others do all the running around. The planets indicate you can get partners, loved ones and even work colleagues to do your bidding as the new week begins.

Virgo

Aug. 24 - Sept. 23

Try to be more trusting, especially when dealing with people whose support could be vital in the future. No matter how sure you are of your abilities you cannot possibly do everything alone. And a second opinion is rarely a bad thing.

Libra

Sept. 24 - Oct. 23

You are beginning to realize that you have placed your trust in someone who is playing a different game completely, one which they alone are guaranteed to win.

Scorpio

Oct. 24 - Nov. 22

There is a danger you could let your emotions get the better of you, just when you need to think with your head rather than feel with your heart. Personal factors must be kept out of things today.

Sagittarius

Nov. 23 - Dec. 21

You know what needs to be done and you know that you must do it now, before anything else, so why are you hesitating? Push any doubts to the back of your mind.

Capricorn

Dec. 22 - Jan. 20

No matter how much your rivals threaten to disrupt your plans, you must keep your nerve. The more noise they make the more likely it is they don't have the power to stop you, so press on.

Aquarius

Jan. 21 - Feb. 19

Keep your thoughts to yourself as the new week begins, even if you are the sort of Aquarius who enjoys discussing your ideas and beliefs with other people.

Pisces

Feb. 20 - March 20

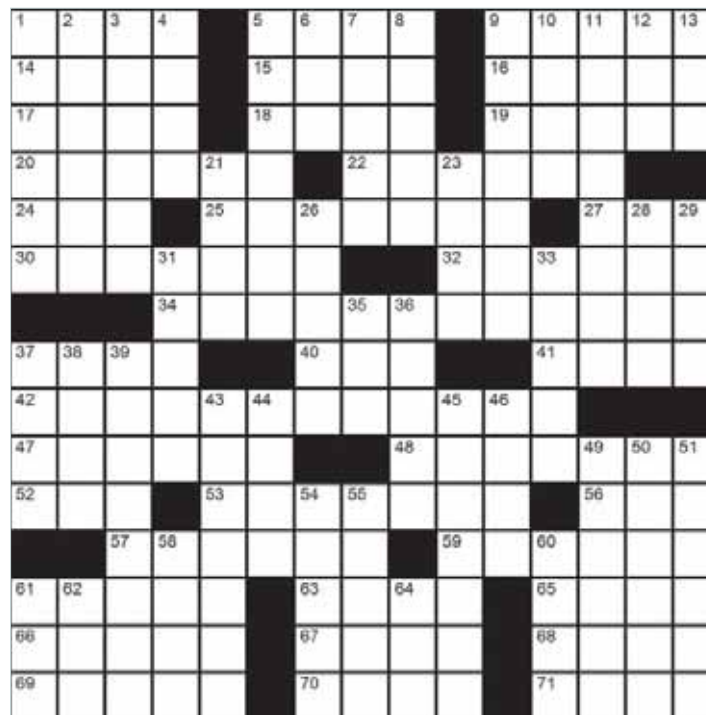
What appears to be a disappointment today will have you jumping for joy later in the week, so don't let your emotions swing too wildly one way or the other.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Kelly Clarkson's stepmom-in-law
5. Pasta alternative
9. Great hockey goalie, Dominik ____
14. Power [abbr.]
15. Dutch cheese
16. As ____ of thumb...
17. "Downton Abbey" role
18. Defy
19. US coin motto, '____ We Trust'
20. Fugitive
22. Actress Ms. Martin
24. "Eew!"
25. Ph.D.'s pursuit
27. ____ card (Grades-lister)
30. King in ancient Egypt
32. Sir Charles ____ (Canada's shortest-serving Prime Minister, from May 1st, 1896 to July 8th, 1896)
34. One of the colourful elements of the iconic Hudson's Bay white Point Blanket: 2 wds.
37. Clouseau's li'l rank
40. Home base [abbr.]
41. 'Class' suffix (Most elegant)
42. Scenic spots for cross-country skiing: 2 wds.
47. Vegas newlywed, often
48. Minoan civiliza-



- tion's ancient city
52. Mr. Efron
53. Dancing rehearsal outfit
56. "Veery interesting!"
57. Canadian actor Taylor
59. Body of work
61. Bing Crosby's "____ Christmas"

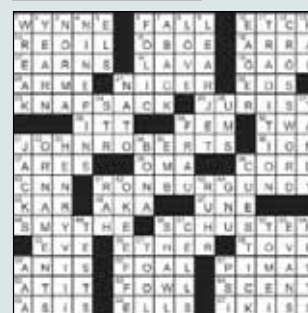
63. Harp, in Italy
65. Unaltered
66. Teutonic thunder god
67. Shortage
68. Spa city in Hungary
69. Subscribes
70. "____ the night before Christmas..."
71. Comfy rooms

Down

1. Gain back
2. Plenty
3. Mr. Rochester's first wife in Jane Eyre
4. ____ Sea, in Central Asia
5. Huge tree
6. Rhoda's TV mom
7. Jeweller's unit, variably
8. Make corrections to
9. Barbershop service
10. "Rule, Britannia" composer: Thomas Augustine ____
11. Dessert of Quebec: 2 wds.
12. Jeff Lynne's gr.
13. One white canvas

- running shoe
21. "I need ____ , not this pot!"
23. Connect the whats?
26. Blouse, for one
28. Liveliness
29. Old shipping weight allowance
31. Shred: 2 wds.
33. Little Miss ____
35. Bonn's locale, briefly
36. City of Honshu in Japan
37. "Mockingbird" by ____ & Charlie Foxx
38. "The Lion King" (1994) lioness
39. Festive item on a fireplace mantle
43. News agency
44. Sea eagles, variably
45. Progress
46. Ore deposit
49. "Truly Madly Deeply" by ____ Garden
50. Viking ship crew
51. Light-transmitting curtains
54. The Who's "____ Explain"
55. Flung
58. "Let's call ____ evening."
60. Put-upon
61. Dict. thingsies
62. ____ polloi (Common people)
64. Stew bit

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: -8°
MIN: -18°



MAX: 6°
MIN: -6°



MAX: 4°
MIN: -10°



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STARTS DEC. 24 8PM_(EST) | **IN-STORE SALE**
STARTS DEC. 26 6AM **LOCAL**
TIME

PREVIEW OUR ONLINE BOXING DAY DEALS
AT 6:00PM_(EST), DEC. 24

WE'LL BEAT ANY PRICE. ONLINE OR ANYWHERE ELSE.

**LOWEST PRICE
GUARANTEE**

Some conditions and
exclusions apply.
See BestBuy.ca for details.



ONLINE



IN-STORE



IN PRINT